

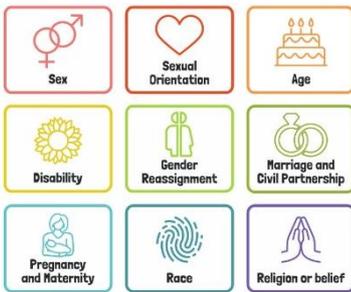
Autumn term CARE values:

Every term we focused on 4 of our CARE values across school. I mention these in assemblies and the children and staff try to use these values throughout the term.

Our new CARE values are;

COMMUNITY, AMBITION, RESPECT AND ENJOYMENT

Protected Characteristics



KEY DATES

8th December – Christmas Fair

10th December – EYFS Christmas Show

11th December – Upper KS2 Christmas Show 2PM

12th December – Lower KS2 Christmas Show 9AM

12th December – KS1 Christmas Show 2PM

15th December – Upper KS2 Christmas Party

16th December – KS1 and Lower KS2 Christmas Party

17th December – EYFS Christmas Party

18th December – Christmas Dinner and Jumpers

19th December – PJs and singalong

FESTIVE FUN IN FULL SWING @WPS

It has been another jam-packed week at Westlea Primary School as we begin to embrace the festive season. All year groups have now started rehearsing for their upcoming performances and concerts, which will take place next week.

We were delighted to welcome Northern Gas- Energy futures into school for science and environmental workshops for Year 6 and Year 5. We have also welcomed parents into our Nursery with new starters in January. We look forward to these pupils starting at Westlea in January.

Alongside these events, staff in school are busy reflecting on our teaching practice and refining our skills and support for early readers. We are a Read Write Inc school and as part of this we receive developmental day and support to continuously refine this provision. A really valuable experience for all.

All of this sits alongside the fantastic curriculum offer our children continue to experience each day. Please keep an eye on Seesaw and our school app for updates and information about the exciting events still to come. We are incredibly proud of the enthusiasm and creativity our pupils have shown as we move through this busy and exciting time of year.
Mrs Scothern

Christmas Fair 2025

A reminder of our Winter Fair, which will take place on **Monday 8th December 2025**. The fair will open at **3:15pm**, and families are asked to enter through the main entrance. We will have a fantastic range of stalls, food, and festive activities for families to enjoy together. We look forward to welcoming you to this fantastic community event!

If anyone is interested in booking a stall, please get in contact with the school office.



Lessons and learning:

We may be preparing for Christmas and its many events but learning and lessons are still very much at the forefront of every day at school.

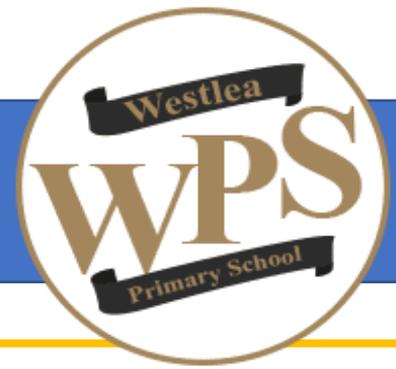
It was lovely to spend time with pupils across EYFS and Key Stage One this week watching their phonics lessons and hearing them read. Read Write Inc assessments and new grouping will commence on Friday.

I was also impressed with Miss Elliot's maths group (Y4/Y5) and how they are learning their timetables. These pupils were very proud of the work that they had produced and rightly so. Keep working hard.

A selection of Year 5 and 6 pupils held discussions on their learning, with a particular focus on the energy futures workshop. Find out about their responses in the newsletter.



THIS WEEK'S ATTENDANCE



Our Attendance Pledge

At Westlea we are committed to ensuring every child receives an excellent education, and consistent attendance is fundamental to achieving this. Regular attendance directly supports academic progress, fosters crucial social and emotional development, and cultivates positive learning habits. By working together – pupils, parents, and staff – to achieve our attendance target of **96%**, we create a stable and supportive learning environment that promotes uninterrupted learning, strengthens relationships, and enhances each child's sense of belonging within our school community.

	WE 05.12.25
Class 1	97.9%
Class 2	90.0%
Class 3	94.6%
Class 4	87.7%
Class 5	80.7%
Class 6	96.8%
Class 7	96.8%
Class 8/9	92.5%

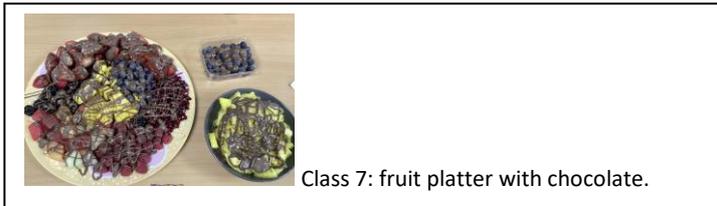
This week classes reached **96%** or above.

Keep up the great work!

Our whole school attendance for WE 05.12.25 is **91.1%**

Our attendance for the year to date is **95.1%**

Our target for this half term is **96%** we are currently at **94.4%**

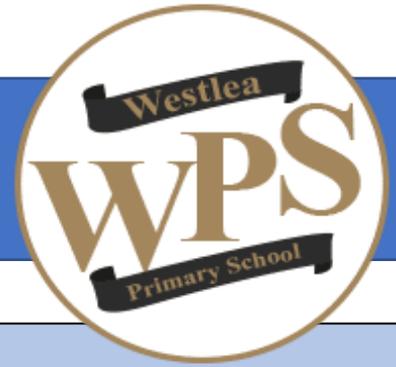


ATTENDOPOLY OUTCOMES THIS WEEK

- Classes who rolled the dice this week won;
- Class 1: Fruit platter
- Class 6: Ice-lollies
- Class 7: £5 to spend on something for class (your choice)

SAFE GUARDING AND ATTENDANCE TEAM:
 Mrs Scothern is our Designated Safe Guarding Lead with Mrs Davey and Mrs Simmons as Deputy Designated Safeguarding Leads. Please get in touch with any queries or concerns.

THIS WEEK'S AWARDS



Head Teacher's Award

Parker (Y2): For having a brilliant attitude towards school. He really wants to do well and is trying very hard to work towards his goals.

Riah-Daisy (Y1): For a kind and caring attitude. Riah-Daisy displays patience and compassion towards her friends in school. (Nominated by Miss Scott)

INDIVIDUAL CLASS STAR OF THE WEEK AWARDS

Class 1	Annie
Class 2	Niyah
Class 3	Deanna -Ray
Class 4	Holly E
Class 5	Myla
Class 6	Osacar F
Class 7	Ella-Grace
Class 8	Maggie
Class 9	Carson

RIGHTS RESPECTING AWARDS

Class 1	Paisley
Class 2	Riah-Daisy
Class 3	Charlotte
Class 4	Anthony
Class 5	Dakota
Class 6	LaylaB
Class 7	Kevin
Class 8	Penelope
Class 9	Isla D

Next week's Right of the week- Article 12 – your right to say what you think should happen and be listened to.

Character values: CARE		
Autumn Term	Spring Term	Summer Term
Community	Compassion	Cooperation
Ambition	Actions	Achievement
Respect	Responsibility	Resilience
Enjoyment	Endeavor	Empowerment



Pupil discussions: Pupil discussions this week were conducted by our beautiful Christmas tree. We spoke about people in the community and our challenge to spread some kindness to others.

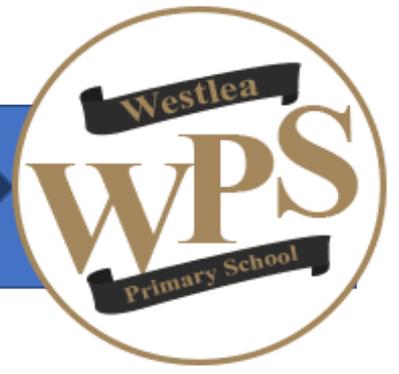


Head teachers awards: Our CARE values this term are...Community, Ambition, Respect and Enjoyment

These are given to pupils in school who have shone outside of the classroom. It maybe they have shown excellent manners and held a door for a visitor or a friend or have shown our WESTLEA CARE values in some way. Perhaps they have cooperated with each other to play a game or complete a group activity or shown resilience to keep going when a task or a learning activity has been a challenge. Visitors and other members of staff can nominate these students so it is very special if you are recognised for your efforts or for just being you!

In other news...

Festive Run



The purpose of festive runs is to combine the joy of running with the spirit of the holiday season. Each class were able to enjoy the run with Elf themed adults and Christmas themed activities. They completed each run with a snow machine experience.

Many thanks to the Easington School Sport Coordinators for organising the event based in school. Our school festive run is another great way for the pupils to stay active.

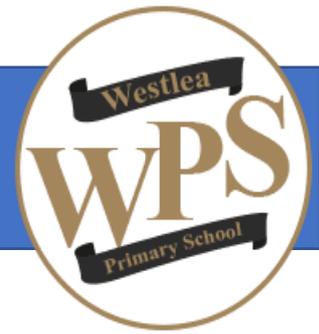




In other news...

Energy Futures (Y5)

(Quality of Education- Enriching experiences)



A selection of year5 pupils came to discuss the workshop they had attended and tell me some more about their learning. They displayed great maturity and a super understanding of the topics discussed. They were able to link this learning back to previous learning in school and build on their knowledge base.

We found out about the Amazon rainforest and the impact of trees being cut down. We need the trees to take in the Carbon dioxide and give us Oxygen. We are losing oxygen that we need on Earth.

Also, there are lots of the trees which are cocoa trees- which means we are losing chocolate too!
Carter Y5

We created maps of an island and we had to place on the map different types of green energy, like solar panels and wind turbines.
Tilly Y5

The Earth is warming up. We found out that this year, the ice in the Antarctic has melted. This means that polar bears who live on the ice are in danger of losing their habitat and drifting away on ice-bergs.
Zak Y5



I learnt a did you know fact: Cow fat can now be turned into a natural gas that can power an oven!
Ella A

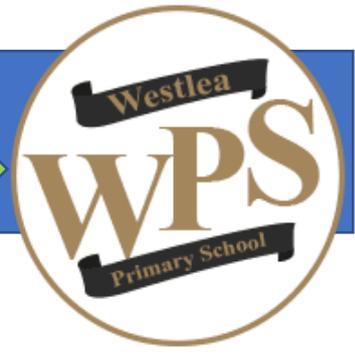
We learnt about the ozone layer, green house gases and the effects of global warming on our planet.
Carter



In other news...

Energy Futures (Y6)

(Quality of Education- Enriching experiences)



A selection of Year 6 pupils discussed their learning this week. The focus was surrounding the workshop that had been conducted by Energy Futures and Northern Gas.



Miller: We learnt about different kinds of gases and their properties. It was very interesting to know that most of our energy comes from burning fossil fuels. 31.7% of energy comes from fossil energy.

Averlyn: We had flames in the workshop to show that fossil fuels give us more energy than solar power. We learnt that we need to have a balance for this as we do need more green energy. It was really interesting.

Theo: I thought it was interesting and I learnt about different ways to generate energy, such as solar, wind and hydro. We call these, Green energy.



Isla C: There was a lot of information but it was interesting and I learnt something new and understand this topic a lot more. The practical activities really helped me understand about energy.

Averlyn: My dad works in green energy on wind turbines. There's lots of jobs in this industry.



Miller: My dad works on the oil rigs but also now works with wind turbines too.

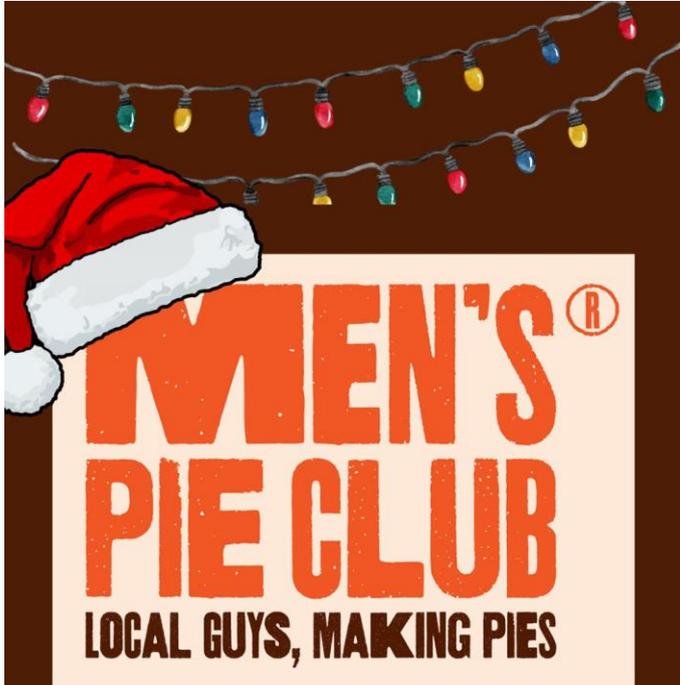
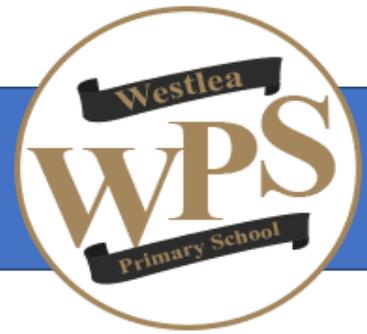
Averlyn: I enjoyed the science behind the reasons for changing to green energy and also now understand why we need to find a good balance with our energy choices.

Isla and Miller: We also were able to ask questions and Lewis asked about the difference between a windmill and a wind turbine. We found out that a wind turbine generates electricity but a wind mill's power is used to grind flour or pump something underground.



In other news...

Community



**MEN'S[®]
PIE CLUB**
LOCAL GUYS, MAKING PIES

Christmas pie making at
Wheatley Hill Family Hub
Thursday 4 December 2025
12.30pm to 2.30pm



KIDS GO FREE

TO DURHAM V IPSWICH TOWN



- WATCH ELITE FOOTBALL
- MEET THE PLAYERS POST-MATCH
- SUPPORT YOUR LOCAL TEAM

SUNDAY 7 DECEMBER
12PM KICK-OFF
MAIDEN CASTLE, DH1 3SE



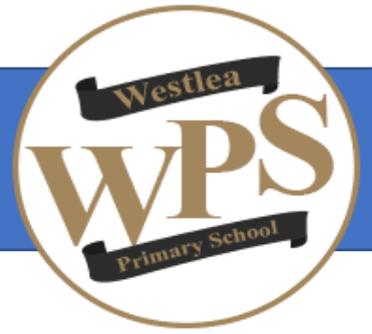
SCAN HERE
OR VISIT
DURHAMWFC.TICKETCO.EVENTS

USE THE
PROMO CODE
FREEKIDS

In other news...

Christmas Fair

8th December



Call out for donations for our Christmas fair. I know there are some great bakers out there! Do you need to have a clear out of books and some toys before Christmas comes? **We need your good will and help.**

School would love donations for;

- cake and baked goods
- raffle/tombola prizes
- Bric-a-brac- teddies, books etc

Any stall holders from our school community, please contact the school office. (No food items).

A reminder to return raffle tickets. Any families needing more raffle ticket please pop around to the school office.



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

